What's happening

May—June, 1985
A bimonthly calendar of public events at UC-San Francisco. Please come and enjoy.

COMMUNITY HEALTH EDUCATION PROGRAMS

All lectures are free and geared to senior citizens. Topics are subject to change. Call 666-3206.

May

Gastro-Intestinal Tract. Francis of Assisi Community Center, 145 Guerrero St.

Vitamins. Haight Ashbury Senior Center, 1350 Waller St.

Pain & Pain Management. Seventh Ave. Presbyterian Senior Center, 1329-7th Ave.

Relieving Tension. The Heritage Senior Center, 3400 Laguna.

Communication With Your Doctor. Congregation Beth Shalom, 320-15th Ave.

Aging as it Uniquely Affects Women. Noe Valley Senior Center, 1350 Waller St.

Arthritis. Salvation Army Senior Nutrition Site, 125 Valencia St.

Diabetes. Adath Israel Kosher Nutrition Center. 1851 Noriega.

June

Pain & Pain Management. Francis of Assisi Community Center, 145 Guerrero St.

Cardiac/Heart Care. The Heritage Senior Center, 3400 Laguna.

Insomnia. Congregation Beth Shalom, 320-15th Ave.

Over-the-Counter Drugs. Haight Ashbury Senior Center, 1350 Waller St.

Hearing Loss & Ways of Dealing With It. Noe Valley Senior Center, 1350 Waller St.

Over-the-Counter Drugs. Salvation Army Senior Nutrition Site, 125 Valencia St.

Cosmetics. Adath Israel Kosher Nutrition Center. 1851 Noriega.

Glaucoma/Cataracts. Seventh Ave. Presbyterian Senior Center, 1329-7th Ave.

Music Therapy. Senior Nutrition Program, Laguna Honda Hospital, 375 Laguna Honda Blvd.

WOMEN'S RESOURCE CENTER EVENTS

All events are free and held from noon-1 p.m. unless otherwise noted. Call 666-5836.

Thurs., May 16: **Slide Show/Discussion: From Model to Militant: The Radicalization of a Beauty Queen.** HSW 300 (enter through 513 Parnassus Ave.).

Tues., May 28: **Sexuality in the 80's.** Cole Hall, 513 Parnassus Ave.

Tues., June 4: **Film: Breaking Silence.** A film on incest. Cole Hall, 513 Parnassus Ave.

Sat., June 22: **Workshop: Writing as Healing.** $50. 9 a.m.-4:30 p.m.

SELF DEFENSE CLASSES

For pre-registration call 666-5836.

Sat., May 11 & June 8: **One-Day Workshops.** Easy-to-learn physical techniques, verbal & body language skills & how to deal with the emotional & physical issues of self-defense. 9 a.m.-5 p.m. $30.

Thurs., May 16: **Tear Gas Certification Class.** Sponsored by the UCSF Police Department's Personal Safety Program. 6-9 p.m. $10.

NEW VOLUNTEERS ORIENTATION

To acquaint new & prospective volunteers with opportunities available in Hospitals & Clinics. Call 666-1196.

Wed., May 8: Medical Sciences Bldg., Rm. 214, 513 Parnassus. 1-3:30 p.m.

Thurs., May 23: School of Nursing Bldg., Rm. 721. 6-8:30 p.m.

Sat., June 1 & 15: Summer student volunteer orientation meetings. Call to register.

CAMPUS TOURS

All tours are free and take place at 1 p.m. on Tuesdays, May 7, 14, 21, 28 and June 4, 11, 18 & 25. Meet in the lobby of the Medical Sciences Building, 513 Parnassus Ave. For further information call 666-4394.

BROWN BAG TOURS/ LECTURE SERIES

All lectures are free and held on Wednesdays at noon in Room 301 Health Sciences West (enter through Medical Sciences lobby, 513 Parnassus Ave.). Tapes of all talks are available for listening in the UCSF Library, SIMA Unit, Room 345 Health Sciences East. For further information call 666-4394.

May 1: **Weekend Adventures.**

May 8: **Working & Living with Difficult People While Creating A Win-Win Situation.**

May 15: **Pets & People: A Vital Connection.**

May 22: **Why It Doesn't Hurt When it Should—And Vice Versa.**

May 29: **Professional Housemate Matching.**

June 5: **Making Sense of Your Dreams.**

June 12: **Aerobic Exercise: Is It For You?**

June 19: **Whatever Happened to All Those Wonder Drugs Promised by the *National Enquirer*?**

June 26: **Health as Humor: Humor as Health.**

COLE HALL CINEMA

All films are shown in Cole Hall, Medical Sciences Building, 513 Parnassus Ave. Children under 14 $1.50, UCSF students & Millberry Union members $2, general $2.50. For further information call 666-2571.

Thurs., May 9: **The Times of Harvey Milk.** 5:45 p.m.

Fri., May 10: **The Times of Harvey Milk.** 6:30 & 8:30 p.m.

Thurs., May 23: **Sugar Cane Alley.** 5:45 p.m.

Fri., May 24: **Sugar Cane Alley.** 6:30 & 9 p.m.

Thurs., May 30: **That's Dancing.** 5:45 p.m.

Fri., May 31: **That's Dancing.** 6:30 & 8:45 p.m.

June: Summer Children's Film Series. To include **Pinocchio, Dumbo, The Rescuers** & **The Jungle Book.** Call 666-2571 for dates & times.

NURSING SERVICE COURSES

For further information call 666-2993.

May 17: **Relaxation & Imagery Techniques: Application to Medical-Surgical Nursing.** Rm. 130, Clinical Sciences Bldg., 521 Parnassus Ave.

May 20: **Advanced EKG Interpretation: The 12-Lead.** Langley Porter Psychiatric Institute Aud., 401 Parnassus Ave.

June 5: **Nursing Diagnosis: A Practical Approach.** Toland Hall, 533 Parnassus Ave.

June 7: **"High-Tech" Home Care: TPN.** The Presidio, SF.

June 10: **Nursing Leadership: Management Skills for Head Nurses & Charge Nurses.** LPPI Aud.

June 13: **Primary Nursing.**

June 21: **"High-Tech" Home Care: Pulmonary.**

June 24: **Ostomy Workshop.**

OVEREATERS ANONYMOUS

Sponsored by Office of Public Service Programs, the Overeaters group meets every Monday from noon to 1 p.m. in Room N 717B, School of Nursing Bldg. (enter through 521 Parnassus Ave.). For further information call 863-2299.

SPECIAL EVENTS/DATES

Fri., May 3: **Institute on Global Conflict & Cooperation Seminar: The Menace of Balance.** HSW 300 (enter through 513 Parnassus Ave.). 12:15 p.m.

Sat. & Sun., May 4 & 5: **Mid-Life Issues: Problems & Possibilites.** A symposium to provide clinical perspectives on the anxieties and challenges in this critical transition period. Holiday Inn Golden Gateway, SF. To register call 681-8080, x256.

Tues., May 7: **Concert: The Young Artists String Quartet.** Millberry Lounges, 500 Parnassus. Noon. Free.

Wed., May 8 & June 12: **Neck & Back Self-Care Two-hour Course.** Millberry Resident's Lounge. 1:30-3:30 p.m. One-hour courses also available. Call Catherine Theilen, 666-3034.

Mon., May 13: **School of Dentistry Dean's Seminar: Global Aspects of Chewing & Smoking Habits.** Cole Hall, 513 Parnassus Ave. 12:30-2 p.m.

Tues., May 14: **Lecture/Slide Presentation: French Painting 1800-1970.** HSW 301 (enter through 513 Parnassus Ave.). Noon. Free.

Fri., May 17: **Twilight Concert: Chanticleer.** Students & Millberry Union members $3; general $4. Millberry Lounges, 500 Parnassus Ave. Reception 5 p.m., concert 5:45-7 p.m.

Tues., May 21: **Chauncey D. Leake Day.** Dedication of a campus identification sign. Millberry Plaza, 500 Parnassus Ave. 11:30 a.m.; Picnic lunch. Saunders Court. 11:30 a.m.; Stretcher relay race. Noon; Eighth Annual Chauncey D. Leake Lecture: *Prostacyclin: From Discovery to the Clinic.* Nobel laureate Sir John Vane. Cole Hall, 513 Parnassus Ave. 3-4:30 p.m. Reception to follow.

Sat., June 1: **Third Annual Nursing Run.** Golden Gate Park. Registration $8. Call 666-2252.

ART EXHIBITS

Faculty/Alumni House Exhibit. On display through August are paintings & works on paper by Carol Benioff. Opening reception, Tues., June 11, 4:30-7 p.m. Faculty/Alumni House, 745 Parnassus Ave. 8 a.m.-4:30 p.m. For further information call 666-4723.

AIDS AWARENESS MONTH

UCSF is presenting the following free lectures on AIDS during May:

Mon., May 6: **AIDS Overview.** Cole Hall, 513 Parnassus Ave. Noon-1 p.m.

Wed., May 8: **Experiences of People With AIDS.** HSW 300 (enter through 513 Parnassus Ave.) Noon-1 p.m.

Wed., May 8: **AIDS Overview.** Cole Hall, 513 Parnassus Ave. 7-8 p.m.

Mon., May 13: **Infection Control.** HSW 300 (enter through 513 Parnassus Ave.). Noon-1 p.m.

Wed., May 15: **Accessing Different Care for People With AIDS.** HSW 300 (enter through 513 Parnassus Ave.). Noon-1 p.m.

Wed., May 15: **Infection Control.** Cole Hall, 513 Parnassus Ave. 7-8 p.m.

Mon., May 20: **Safe Sex Practices.** HSW 302 (enter through 513 Parnassus Ave.). Noon-1 p.m.

Wed., May 22: **New Risk Groups.** HSW 300 (enter through 513 Parnassus Ave.). Noon-1 p.m.

Wed., May 22: **Safe Sex Practices.** Cole Hall, 513 Parnassus Ave. 7-8 p.m.

Wed., May 29: **Being a Shanti Counselor.** HSW 300 (enter through 513 Parnassus Ave.). Noon-1 p.m.

Wed., May 29: **Inpatient Care for People with AIDS.** Cole Hall, 513 Parnassus Ave. 7-8 p.m.

Fri., May 31: **An Evening of Gay Comedy.** Cole Hall, 513 Parnassus Ave. 7-9 p.m. Admission is four cans of food, which will go to the SF AIDS Foundation Food Bank.

PRO: RECREATION & FITNESS PROGRAM

Classes open to UCSF students, employees & the SF community. Over 100 classes offered quarterly in areas of exercise training/aerobics, swimming, stress management, massage & relaxation skills, dance, racquetball, squash, scuba diving, sailing, horsemanship, self-improvement & education, cooking, catering, photography & stained glass. For further information and a free brochure listing all classes call 666-1800.

Mon., May 6: **Midpoint registration for classes.** Half price on all classes not already filled. Millberry Athletic Control Desk, 500 Parnassus Ave.

Tues., June 18: **Children's Classes Registration.** Millberry Central Desk, 500 Parnassus Ave. 8 a.m.-2 p.m. & 4-7 p.m.

Tues., June 25. **Adult Class Registration.** Millberry Central Desk. 8 a.m.-2 p.m. & 4-7 p.m.

OUTDOORS UNLIMITED

Located on Parnassus Ave., street level in the University Hospital Bldg. between 3rd and 4th Ave., Outdoors Unlimited offers outdoors adventures for the neighborhood and campus community. Sign up for activities from 11:30 a.m. to 1:30 p.m. or 5 to 7 p.m., Monday & Friday; 11:30 a.m. to 1:30 p.m. or 4 to 6 p.m., Tuesday to Thursday. Two-week advance registration is required for most events. For further information and a free brochure listing all events call 666-2078.

Wed., May 15: **Kayak roll session.** Millberry Pool, 500 Parnassus Ave.

Thurs., May 16: **Introduction to Outdoors Unlimited.** OU Center. 7 p.m.

Sat., May 18: **Overnight Bicycle Tour of the Delta.**

Sat., May 18: **Boardsailing & Oyster Feast at Tomales Bay.**

Sun., May 19: **Beginning Sailing Clinic.**

Wed., May 22, June 5, 12 & 19: **Kayak Roll Session.**

Tues., May 21: **Slide/Lecture Show: A World Adventures View of the Global Environmental Condition.** Cole Hall, 513 Parnassus Ave.

Fri., May 24-Sun., June 2: **Memorial Weekend Boating Safari on Northern California Rivers.**

Sat. & Sun., May 25 & 26: **Ascent of Mt. Lassen Via Bike & Skiis. Beginning Windsurfing Clinic.**

Sat.-Mon., May 25-27: **Memorial Weekend Raft Trip.**

Sat., June 1: **Picnic, Party & Campout at Kirby Cove.**

Sun., June 2: **Sailing Outing on SF Bay. Fairfax to Pt. Reyes Bike Trip.**

Tues., June 4: **Trip Planning Session.** Millberry Madrone Rm., 500 Parnassus.

Wed.-Sun., June 5-9 & June 19-23: **Beginning Windsurfing Clinic.**

Sat. & Sun., June 8 & 9: **Bicycling on the Sonoma Coast. Whitewater Rafting.**

Sat. & Sun., June 15 & 16: **Boardsailing Campout in Rio Vista.**

Mon., June 17: **Spring Equipment Sale & Swap.** OU Center.

Sat. & Sun., June 22 & 23: **Adventure First Aid Clinic in Mendocino.**

Sat.-Sat., June 22-30: **Intermediate Sailing Clinic.**

Sat. & Sun., June 29 & 30: **Bicycling in the High Sierra. CPR Clinic at Pt. Reyes.**

UCSF
University of California, San Francisco
...A Health Sciences Campus

To our neighbors

Rush—Time Dated
May—June, 1985

UCSF
University of California San Francisco
News and Public Information Services
532 Parnassus Avenue, San Francisco, CA 94143

New "Lub Dub Club" Video for Preschoolers

A new multilingual preschool curriculum designed to teach children about their hearts, how they function and how good eating habits can keep them healthy, now is being distributed by the San Francisco chapter of the American Heart Association.

Developed by UCSF clinical pharmacist Linda Bernstein, the curriculum includes a teacher's guide, a series of 15 fun-to-do worksheets and a 15-minute musical videotape which urges children ages 3 to 5 years to become members of "The Lub Dub Club" and develop and maintain a healthy lifestyle.

Stephen Gilford wrote, produced and directed the video which stars "Lub Dub the Happy Heart" and Miss Nancy (Ruby Petersen) of "Romper Room." Both the written curriculum and the video are available in English, Spanish and Chinese.

San Francisco preschools can obtain a complimentary copy of the 95-page curriculum and a copy of the video free of charge, either on ½-inch videotape or as a 16mm film. The video can be purchased for $20; additional curriculums at $12 each. For further information contact the American Heart Association, SF Chapter, 421 Powell Street, SF, CA 94102 or call 433-2273.

SFGH Opens Clinic for Amputee Patients

A new clinic to service the multiple needs of amputee patients has opened at San Francisco General Hospital. Under the direction of the departments of Rehabilitation and Surgery, the clinic offers comprehensive care for amputees who are residents of the city and county of San Francisco. The staff includes specialists from rehabilitation, surgery, orthopaedics, physical therapy, nursing, social services and prosthetics.

Physical medicine and rehabilitation specialist Sheldon Berrol, MD, and surgeon William Schecter, MD, direct the staff.

The new Amputee Clinic is open on the first and third Wednesdays of every month from 1 to 4 p.m. in the Physical Therapy Department of SFGH, main hospital building, Room GC4. For further information call 821-8014.

They're Not Spanking New, but. . .

The Bear-ly New Thrift Shop, operated by the UCSF Hospitals Auxiliary, has moved from 1909 Fillmore Street to 1752 Fillmore Street between Post and Sutter Streets. The phone number, 921-2789, remains the same. The store is open Monday to Saturday, 10 a.m. to 5 p.m. Parking is available in the rear of the building. Proceeds from all sales at the shop provide funds for UCSF Hospitals and Clinics patients.

A Teaching Center for Diabetics

The UCSF Diabetes Teaching Center, under the Department of Family Health Care Nursing, offers individualized instruction in a group setting to diabetics and their families.

The four-day, 30-hour course is designed to instruct the diabetic in the different aspects of proper self-care, including administration of diabetic medications, self blood glucose monitoring, urine testing for sugar and acetone, food selection and preparation and prevention and management of complications.

Material is geared to the patient's own needs and provides an understanding of the general diabetic state and the environmental factors which may influence it at work, play or during travel. Cost for the course is $300, which is covered by most health insurance. For further information call 665-1010.

UCSF
University of California, San Francisco
...A Health Sciences Campus

To our neighbors

May/June 1985
A summary of recent news stories from the University of California, San Francisco...A Health Sciences Campus.
Volume 10, Number 3

"Where Do You Want to Go at UCSF?"

You have a 4 p.m. appointment in the UCSF Ob/Gyn Clinic in the Ambulatory Care Center. You just got off the MUNI N-Judah at the "Med Center" and are standing in a strange lobby wondering where to go.

This kind of situation and other directional problems common to patients and visitors coming to UCSF hopefully will be eliminated, or at least quickly solved, by using the Bay Area Teleguide system to be installed on campus in early May.

Located in the lobbies of our Medical Sciences building, Moffitt Hospital building, Ambulatory Care Center, the Irving Street entrance to the campus, and the top floor of the parking elevators in Millbery Union, these informational computer terminals will allow patients and visitors to "access" 3-D maps showing where they are and how to get to their desired campus locations.

Also contained on the system will be "Public Events and Tours," "UCSF History and Overview" and "Public Transit to and from UCSF." This UCSF information also will be accessible from any Teleguide terminal located in the Bay Area.

The second phase of this project will add a listing of all doctors' offices on campus with individual directional maps to each.

Tooth-Colored Filling Is Successful

For more than 50 years silver amalgam has been used to fill routine molar tooth cavities, but now a new tooth-colored filling material has proved successful in two-year clinical trials headed by a UCSF dentist.

According to E.M. Tonn, DDS, research data show the new material—which is being distributed commercially under the name of "Ful-Fill"—maintains its excellent color-matching properties and is wear-resistant.

The UCSF study, which followed patients with a total of 96 fillings, is the first to evaluate long-term performance in back molars of the new material. It has been available for limited use for three years.

Rooms / Apartments Needed

UCSF is having difficulty in locating housing for its students, faculty and staff. If you have private rooms, studios, apartments, flats or houses that you would like to rent, please call the UCSF Housing Office at 666-1426 weekdays, 8 a.m. to 5 p.m.

New Mobile Breast Screening Program

A new breast screening program now is being offered in a mobile van to healthy Bay Area women. The van is traveling to various San Francisco locations to offer low-cost, convenient mammograms.

Women will need the approval of their physicians to have the mammograms — low-dose x-rays that can detect tumors which are too small to be felt by self-examination. Screening results will be mailed back to each woman's physician.

The procedure takes approximately 20 minutes, and costs $30 as compared to the average cost for a mammogram of between $100 and $150. Women are urged to make an appointment by calling 666-4158 between noon and 3:30 p.m.

The van will be at the following locations during May:

- Week of May 6: Civic Center
- Week of May 13: Embarcadero Center
- Week of May 20: 3333 California (parking lot).

For specific locations of the van at other times call 666-4158.

The new screening program is offered by the Department of Radiology and is under the direction of Edward Sickles, MD, director of breast imaging at UCSF. It is hoped that this life-saving procedure will be offered to some 16,000 women a year.

The Surgeon General Has Determined That. . .

A new stop-smoking program for smokers who feel they would benefit by having their spouse, friend or relative assist them in quitting, has been started by the UCSF Habit Abatement Clinic.

Smokers meet for up to eight times over a five-week period in small group sessions during the day or early evening hours. Smokers interested in this program must be free from ulcers and heart disease; women must not be pregnant. A $25 refundable deposit is required. For further information call Marishka Rosinski at 681-8080, extension 483.

Hepatitis B Vaccine Found Effective

A multi-center, three-year immunization program has demonstrated that infants born to Asian American women who are hepatitis B carriers can be effectively protected against the virus with an 85 to 90 percent success rate.

The study, reported in the March 22/29, 1985 issue of the *Journal of the American Medical Association,* was conducted by Pearl Toy, MD, UCSF assistant professor of laboratory medicine and chief of the SFGH Blood Bank; Girish Vyas, PhD, UCSF professor of laboratory medicine and director of the UCSF Blood Bank; Cladd E. Stevens, MD, New York Blood Center; and colleagues.

The study reported on the results of 113 vaccinations. The infants were followed for 9 to 18 months, and of the 113, only 16 became chronic carriers of the disease—an incidence of 14.2 percent.

(More news items on back page)